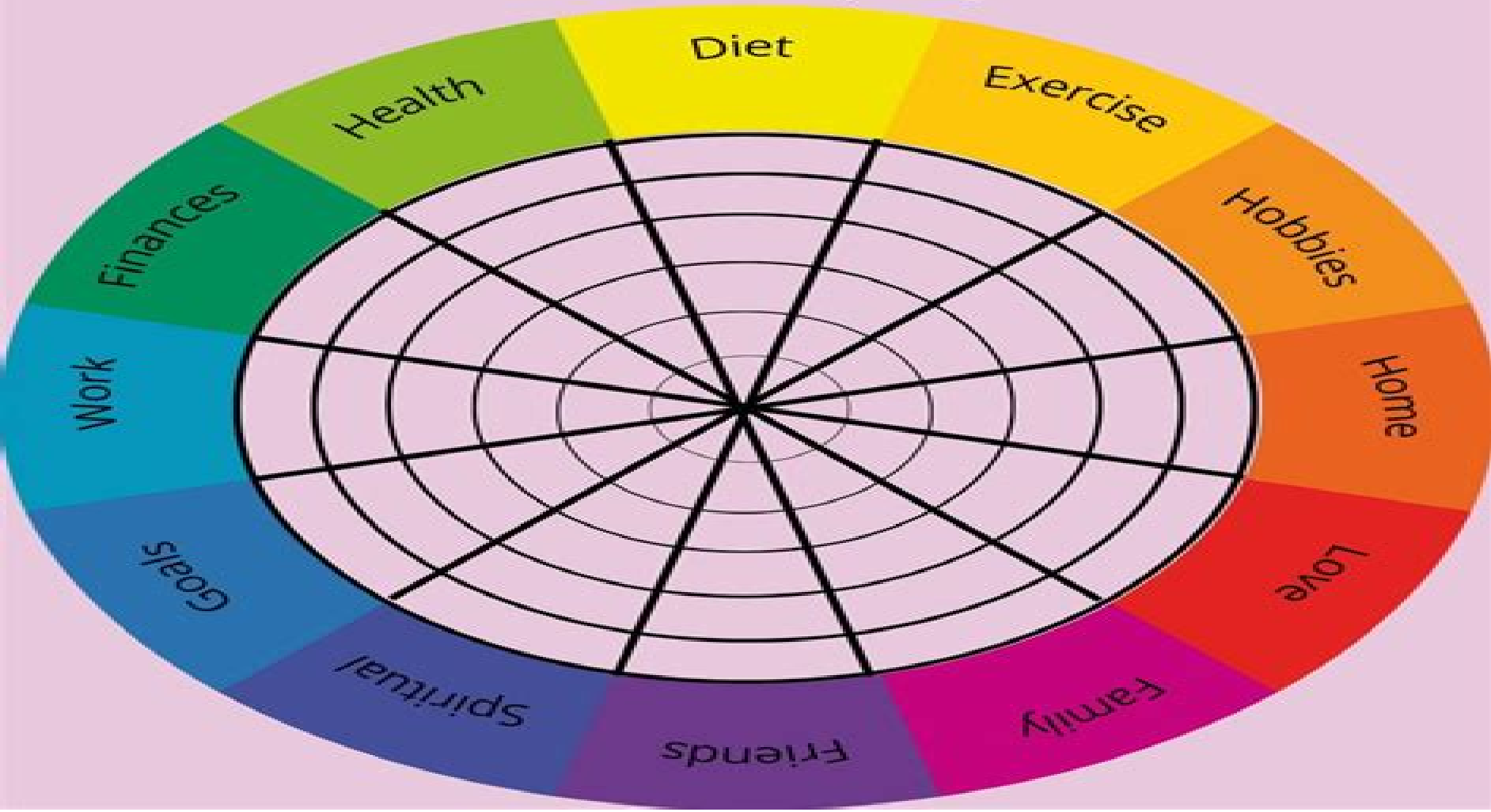


# Wellness Wheel



Look at each category in turn and assess your wellness on a scale of 0 - poor (centre) to 5- excellent (outer ring). Do this instinctively, without too much hesitation. Next, think about what things would raise your rating in each category and use these ideas to set your goals



# Wellness Wheel Template

**Joda P. Derrickson**



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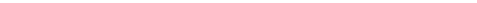
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